MEDICAL JURISPRUDENCE AND TOXICOLOGY.

73. *Toxical Studies on Chloral Hydrate*, by B. W. RICHARDSON, M.D., F.R.S. —The most important subject, in a toxicological point of view, which has recently been under discussion, has relation to chloral hydrate. The increasing employment of this narcotic by the members of the general public, without the advice of the professors of medical science, has been attended by several fatal occurrences; while in instances where fatal results have not taken place, peculiar symptoms have followed the frequent self-administration of the narcotic—symptoms of serious import, and demanding ready recognition. We have, consequently, devoted some labour to the investigation of certain facts bearing on the toxicological history of chloral hydrate, to which, and the results of our inquiries, we would now direct attention.

1. We have endeavoured to ascertain what is a dangerous and what a fatal dose of chloral hydrate. The conclusion at which we have been able first to arrive on this point is, that the maximum quantity of the hydrate that can be borne, at one dose, bears some proportion to the weight of the animal subjected to its influence. The rule, however, does not extend equally to animals of any and every class. The proportion is practically the same in the same classes, but there is no actual universality of rule. A mouse weighing from three-quarters of an ounce to an ounce will be put to sleep by one-quarter of a grain of the hydrate, and will be killed by a grain. A pigeon weighing twelve ounces will be put to sleep by two grains of the hydrate, and will be killed by five grains. A guineapig weighing sixteen ounces will be put by two grains into deep sleep, and by five grains into fatal sleep. A rabbit weighing eighty-eight ounces will be thrown by thirty grains into deep sleep, and by sixty grains into fatal sleep.

The human subject, weighing from one hundred and twenty to one hundred and forty pounds, will be made by ninety grains to pass into deep sleep, and by one hundred and forty grains into a sleep that will be dangerous.

From the effects produced on a man who had of his own accord taken a hundred and twenty grains of the hydrate, and who seemed at one period to be passing into death, we were led to infer that in the human subject one hundred and forty grains should be accepted as dangerous, and one hundred and eighty as a fatal dose. Evidence has, however, recently been brought before us which leads us to think that, although one hundred and eighty grains would in most instances prove fatal, it could, under very favourable circumstances, be recovered from.

Dr. Hills, of the Thorpe Asylum, Norwich, has, for example, favoured us with the facts of an instance in which a suicidal woman took no less than *four hundred and seventy-two grains* of the hydrate dissolved in sixteen ounces of water, and actually did not die for thirty-three hours. Such a fact, ably observed as it was, is startling; but it does not, we think, militate against the rule that one-hundred and forty grains is the maximum quantity that should, under any circumstances, be administered to the human subject.

2. A second point to which our attention has been directed is, what quantity of hydrate of chloral can be taken with safety at given intervals for a given period of time, say of twenty-four hours. To arrive at some fair conclusion on this subject, we calculated from a series of experiments the time required for the development of symptoms from different doses of the hydrate, the full period of the symptoms, and the time when they had entirely passed away. Great difficulties attend this line of investigation; but we may state, as a near approximation to the truth, that an adult person who has taken chloral hydrate in sufficient quantity to be influenced by it, disposes of it at the rate of about seven grains per hour. In repeated doses, the hydrate of chloral might therefore be given at the rate of twelve grains every two hours for twenty-four hours, with less danger than would occur from giving twelve times twelve (144) grains at once; but we do not think that amount ought, except in the extremest emergencies, to be exceeded, in divided quantities.

3. A third point to which we have paid attention is, the means to be adopted in any case when, from accident or other cause, a large and fatal dose of chloral hydrate has been administered. We can speak here with precision. It should be remembered that this hydrate, from its great solubility, is rapidly diffused through all the organism. It is in vain, consequently, to attempt its removal by any extreme measures after it has fairly taken effect. In other words, the animal or person under chloral, like an animal or person in a fever, must go through a distinct series of stages on the way to recovery or death; and these stages will be long or short, slightly dangerous or intensely dangerous, all but fatal or actually fatal, according to the conditions by which the animal is surrounded. One of the first and marked effects of the chloral is reduction of the animal temperature; and when an animal is deeply under the influence of the agent, in the fourth degree of narcotism of Dr. Snow, the temperature of its body, unless the external warmth be carefully sustained, will quickly descend seven and eight degrees below the natural standard. Such reduction of temperature is itself a source of danger; it allows condensation of fluid on the bronchial pulmonary surface, and so induces apnœa, and it indicates a period when the convulsion of cold (a convulsion which sharply precedes death) is at hand.

We offer these explanations in order to indicate the first favourable condition for the recovery of an animal or man from the effects of an extreme dose of chloral hydrate. It is essential that the body of the animal be kept warm, and not merely so, but that the air inspired by the animal be of high temperature. The first effort to recovery, in short, should consist in placing the animal in a warm air. This fact is perfectly illustrated by experiment on the inferior animals. In the pigeon an air of 95° Fahr. is most favourable, in the rabbit an air at 105° to 110°, in the dog the same. In man the air to be breathed should be raised to and sustained at 90° Fahr. at least.[1]

The next thing to be remembered in the recovery of persons under the fatal influence of chloral hydrate is to sustain the body by food. I find that even under deep sleep from the narcotic, although the process of waste is less than is common under natural conditions of rest, there is still a very considerable waste in progress, which, if not made up, is against recovery. I find also that the digestive and assimilating powers, though impaired during sleep from chloral, are not arrested, but may be called into fair action with so much advantage, that if two animals be cast into deep sleep by an excessive quantity of the narcotic, and one be left without food and the other be artificially fed on warm food, one-fourth of the chance of recovery is given to the animal that is supplied with food. In the human subject warm milk, to which a little lime-water has been added, is the best food. Milk is very easily administered mechanically, and it should be administered in the proportion of half a pint every two hours.

4. The fourth point to remember is to sustain the breathing; in the inferior animals the question of life or death can be made to turn on this pivot. But the artificial respiration must be carried out with great gentleness; it must not be done by vehement movements of the body or compressions of the chest, but by the simple process of inflating the lungs by means of small bellows, through the nostrils. We have devised in the course of our researches various instruments for artificial respiration, viz., a small double-acting bellows, a small syringe, and a double-acting India-rubber pocket-bellows; and we have lately made an instrument which acts by a simpler method still, *i. e.* we merely attach to a single hand-bellows a nostril-tube, and gently inflate the lungs, letting the elasticity of the chest-wall do the work of expiration. A little valve near to the nostril tube effectually stops all back currents from the lungs into the bellows. For the human subject, five charges of air from the bellows should be given at intervals of five seconds apart.

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[1] We have no doubt it will be found, as the chronicle of deaths from chloral hydrate increases, that the mortality from the agent will be the greatest when the thermometrical readings are the lowest, and *vice versâ.*

The symptoms of acute poisoning by chloral hydrate are, briefly, profound coma, great muscular relaxation, apoplectic breathing, and flushing of the face and neck, with intermissions of pallor. The eyes are usually rolled upwards as under chloroform, and at times, as impressions of motion are made on the surface of the body, there is muscular tremor, which may pass into convulsion. In time the extremities become cold, and the bronchial surface becomes charged with frothy mucus, which greatly impedes the breathing and hastens the final result.

The chronic symptoms of chloral poisoning are—sleeplessness, unless the narcotic be taken in very large doses; great mental irritability and muscular prostration; uncertainty of movement, with tendency to fall forward; caprice of appetite and frequent nausea. In some cases there is injection of the conjunctivæ, and in other cases yellowness. The urine in extreme cases contains albumen, and the bowels are commonly constipated, the evacuations being white and hard. Chloral hydrate does not produce the ecstatic dream or delirium caused by opium or haschish; on the contrary it causes, through all the stages of its action, a sense rather of depression than of elevation of mental faculty.—*Brit. and For. Medico-Chirurgical Rev.*, Jan. 1872.

74. *Recovery after Swallowing One Hundred Grains of Chloral.*—Mr. B. BROWNING records (*Brit. Med. Journal*, Dec. 2, 1871) the following case of this: An anæmic middle-aged woman while suffering from facial neuralgia, swallowed at one draught a recently prepared syrupy solution of chloral hydrate, which contained over 100 grains of that drug. She immediately complained of "intense burning pain in the throat, gullet, and stomach;" and when I saw her (about three-quarters of an hour subsequently), she was screaming and almost convulsed with agony—so much so, that it was with the greatest difficulty she could be restrained from throwing herself out of her bedroom-window into the road. Her pulse was small and very rapid; the countenance was livid and bathed in sweat; an odour of chloroform was plainly perceptible in the breath, and no trace of narcotism had been observed, even for a moment. After an ineffectual attempt to bring on vomiting, I injected hypodermically half a grain of morphia over the epigastrium, and directed milk to be freely given. On visiting her in three hours' time, I found her somewhat relieved, and accordingly injected another half grain of morphia, and suggested the cautious use of stimulants with the milk. On the following morning she was free from all pain of any description, though very weak, and has since done well; a slight return of neuralgia being at once checked by another employment of the hypodermic syringe and ferruginous tonics.

The usual hypnotic effects of the chloral were here "conspicuous by their absence" from first to last; no drowsiness even, much less sleep, having set in during the period of its elimination from the system; yet in a previous neuralgic attack, twenty grains only had procured a good night's rest for this person. I can vouch for the amount, as well as the goodness, of the chloral taken by her; and think that, as deaths have been reported after the administration of 60, 45, and even 25, grains of this remedy, she may be deemed fortunate in escaping so readily.

75. *Poisoning by Strychnia successfully treated by Chloroform Inhalations.*—We find in *Le Mouvement Médical* (Dec. 3, 1871), a report of a case, taken from the *Gaz. Med. de Torino*, in which a man took with suicidal intent three grains of strychnia. Violent convulsions followed, which were relieved by the inhalation of chloroform. Whenever this was stopped the convulsions recurred. By persisting in this treatment the patient entirely recovered.